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ABSTRACT

This book provides a blueprint for developing environment, curriculum, instruction, and assessment based on high quality physical education guidelines. There are 17 chapters in four parts. Part 1, "Prepare for Your Journey," includes (1) "Physical Education in a Changing World"; (2) "Reform Efforts in the Middle School"; (3) "The Role of Physical Education in Middle School"; (4) "The Physical Education Environment"; and (5) "The Psychological Environment." Part 2, "Map Out Your Journey," includes (6) "Creating the Curriculum Foundation"; (7) "Planning a Course of Study"; and (8) "Assessing and Grading Your Students." Part 3, "Travel Toward Your Destination," includes (9) "Understanding Today's Learner"; (10) "Improving Your Teaching Effectiveness"; (11) "Teaching Styles and Strategies to Meet Learners' Needs"; (12) "Selecting Instructional Materials"; and (13) "Continuing to Grow as a Professional." Part 4, "Discover Your Destination," includes (14) "A Fifth Grade Program: Manipulating Objects Efficiently and Effectively"; (15) "A Sixth Grade Program: Learning Skills through Cooperation"; (16) "A Seventh Grade Program: Taking into Account Acceptable Risks through Problem Solving"; and (17) "An Eighth Grade Program: Working as a Team to Develop Strategies for Success." Four appendixes present: characteristics of middle school students, content related to grade level standards, exercises and activities, and recommended resources and readings. (Contains approximately 550 references.) (SM)

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